

Edmond North Pom

Athlete/Parent Handbook 2020-2021

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Required Tryout Information

Tryout Clinic: Week of March 25th-27th, 2020 (4:00-5:30pm)

- Clinic will be held from 4:00-5:30 PM. Clinic will be closed at 5:30 PM; no participants may stay beyond the designated time. **Clinics are closed to the public:** only coaches, choreographers, administrators, and current senior pom members may attend. Required attire for clinic is modest shorts or dance pants, t-shirt, and jazz shoes. Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed and cell phones need to be kept away the entire clinic.

Schedule:

- **Wednesday, March 25th:** Freshman Cafeteria - Learn tryout routine and chant.
- **Thursday, March 26th:** Freshman Cafeteria - Master routine and chant; work on specific skills (tumbling, jumps, turns, leaps, etc.)
- **Friday, March 27th:** Pom Room - Mock tryouts; each participant will go through the tryout process in front of the other girls and the current pom seniors. Select tryout skills and routine will be done full out and run just like tryouts.

Tryouts: Saturday, March 28th, 2020 (9:00am): Pom Room

- **Try-outs are closed to the public.** Tryouts will begin at 9:00AM, with check-in for the contestants at 8:30AM in the Cheer Room. Freshman contestant check-in will be at 10:30AM in the foyer outside the Siberian Gym. Tryout results will be posted on the Edmond North Pom website only (www.edmondnorthpom.com). For tryouts, contestants should wear the 2020 tryout shirt, black or navy athletic shorts, jazz shoes, and tryout bow. Hair and bangs should be secured back out of the face. No jewelry is to be worn. Gum chewing will not be allowed and cell phones need to be kept away the entire tryout.

Tryout Guidelines:

1. All candidates and a parent/guardian must attend the mandatory tryout meeting.
2. The following items must be completed and turned into the **Edmond North Finance Office no later than 3:00pm on Wednesday, March 11th** in order to be eligible to tryout:
 - a. EPS Cheer & Pom District Contract Signature Page
 - b. Edmond North Pom Tryout Application and Contract Agreement Signature Page
 - c. \$40 Tryout Fee (fee includes tryout shirt and bow)
3. Five judges will be scoring the participants. The highest score and the lowest score of each participant will be thrown out leaving only the three middle scores to be totaled. In case of a tie, all five scores will be totaled with none being thrown out.
4. Pom tryouts will be held on a hardwood floor.
5. On the day of the actual tryouts, a number will be drawn by each participant and recorded. Participants will tryout with someone trying out for the same squad (varsity with varsity and freshman with freshman). The participants will then pair by consecutive numbers (starting with the number 1, i.e., 1 and 2, 3 and 4, etc.) just before trying out. The person you are paired with will be the person that you will tryout with and do your chant and dance with. You will perform your skills individually. Participants will come in with their partner and leave when finished. No one can leave the school until the head coach says you are dismissed.
6. Refer to the Edmond Public Schools District Cheer & Pom Contract for additional tryout guidelines and requirements

Tryout Score Sheet Breakdown

Skills (Performed Individually)		Points Possible
Pirouette Turn(s)	<i>Level of Difficulty, execution, timing, precision, body placement, control</i>	5
Fouette Combination	<i>Level of Difficulty, execution, timing, precision, body placement, control</i>	10
Leap Pass of Choice	<i>Flexibility, execution, timing, precision, body placement, control</i>	10
Toe Touch	<i>Flexibility, execution, timing, precision, body placement, control</i>	5
Kicks	<i>Flexibility, execution, timing, precision, body placement, control</i>	5

Dance (performed in pairs of two)		Points Possible
Dance Technique	<i>Proper execution of skills with pointed toes, fully extended arms/legs, proper holding of body, chest lifted, core engaged, proper turn out</i>	15
Style and Rhythm/Timing	<i>Fluid Movement, Being on Count, Rhythm</i>	10
Showmanship (Spirit & Enthusiasm)	<i>Expression, Facial Projection, Eye Contact, Spirit, Excitement, Crowd Appeal</i>	10

Chant (performed in pairs of Two)		Points Possible
Motion Technique	<i>Placement, Sharpness, Execution, Timing, No Broken-Wrist</i>	5
Showmanship (Spirit & Enthusiasm) and Voice Projection	<i>Expression, Facial Projection, Eye Contact, Spirit, Excitement, Crowd Appeal, Loud and strong vocalization, word enunciation, energy, enthusiasm</i>	10

Overall Impression (based on entire tryout process)		Points Possible
Overall Impression	<i>Facials, Excitement, Crowd Appeal, Confidence, Energy</i>	10
Memory	<i>Clear knowledge and memorization of routing and chant</i>	5

Total Points Possible 100

Edmond North Pom Standard of Scoring

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to do the hardest skill that shows your best technique.

KICKS

Bent legs, flexed toes, poor technique, legs below 90-degree, body bent over, sloppy arm placement, standing bent leg
Legs straight at all times, toes partially pointed, standing leg straight, average arm and body placement, lgs above 90-degree
Legs straight, pointed toes, good technique, standing leg straight, solid arm and body placement, legs above 90-degree
Legs straight, pointed toes, excellent technique, standing leg straight, strong arm and body placement, legs above 90-degree

TURNS

Single
Double
Triple
Quad
Series of straight fouettes into a pirouette
Series of fouettes with a pirouette or float in the middle and at the end

LEAP TECHNIQUE

Bent legs, Flexed toes, Poor technique, Legs below level, Poor landing, Poor arm placement
Average jumps, Pointed toes, Legs level, Landing feet slightly apart, Okay arm placement
Very strong/above average jumps, Pointed toes, Legs slightly hyper extended, Landing clean, Good arm placement
Perfection, Extremely pointed toes, Legs extremely hyper extended, Landing feet together, Perfect arm placement

*Leap pass of choice should include a multiple leap combination of leaps, turning leaps, or tumbling going across the floor. Level of difficulty ranges from straight leaps, calypso, back attitude leaps, tilt jumps, side leaps, switch leaps, walkover, aerials, etc.

MOTION TECHNIQUE

Loose arms, Bad Placement, Broken wrist
Semi-Sharp arms, Average Placement
Extremely Sharp, Perfect Placement

VOICE PROJECTION

Not yelling, Poor inflection, No expression
Talking loudly, Some inflection, Somewhat monotone
Yelling loud, Good inflection, Energetic

SPIRIT & ENTHUSIASM

Few smiles, Lacks enthusiasm, Poor expression, Poor presentation
Strong smiles, Good enthusiasm, Good presentation
Incredible natural smiles, Exceptional enthusiasm, Very entertaining, NOT over the top

DANCE

Questionable memory, motions not clean, lacks confidence and sharpness, no recovery when mistaken
Basic memory of dance, some clean motions but not all, recovers
Good memory of dance, most motions clean, sharp and confident, good recoveries
Excellent memory of entire dance, incredibly clean movements, excellent showmanship and confidence. Recovers so well that a mistake is not detected

Edmond North Pom Expectations

*****All rules & regulations are in addition to the Edmond Public Schools Cheer & Pom District Contract*****

Squad Member Expectations

The primary objectives of an Edmond North Spirit Squad Member are:

1. **Be a Leader.** A members' main job is to promote school spirit and unity, support and encourage student body involvement at sporting events and various school activities, and to provide half time entertainment at sporting events. Members are expected to set an example for the rest of the student body by exemplifying loyalty, cooperation, and positive attitudes, as well as represent Edmond North by acting as positive role models and demonstrating good leadership qualities at all times. Coaches expect all members to set the example in the classroom, hallways, assemblies, games, events, outside of school, in and out of uniform and on social media (please refer to District Contract Social Media clause).
2. **Be Dignified and Responsible.** All athletes are expected to conduct themselves with class and dignity, in and out of uniform. Practice good sportsmanship and be in compliance with all rules and regulations. Members' behavior is not only a reflection of their values, but also of their family, their school, and this program. Members must be responsible for their actions and hold themselves and their teammates accountable.
3. **Be Respectful.** Edmond North Cheer and Pom is a family; important to any family is mutual respect. Members will respect all other members of the spirit squad community, including their teammates, coaches, and other spirit squad members. In return, they will receive the respect that they deserve. Additionally, members must respect the authority of all teachers, administrators, and other authority figures.
4. **Be Committed.** Athletes should take their place in the Edmond North Cheer and Pom program seriously. When a member joins Edmond North Cheer and Pom, they commit to making themselves better every day and they commit to being there for their teammates. Commitment is about being prepared and present, giving every practice full effort, and motivating teammates to do the same. It is also about making the right decisions in the classroom, in the halls, at events, and off of school grounds.

Parent Expectations

1. In order for the Spirit Squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
2. Parents are responsible for all **financial obligations** for camps, clinics, and other expenses involved in this activity during the school year. These expenses can be offset by fundraisers, but it will be the responsibility of the parents to organize and run the fundraisers, not the sponsors.
3. Parents need to be aware of the time commitment involved in pom and need to support their child and sponsor in these activities to see that he/she fulfills all responsibilities.
4. Understand by the very nature of the activity, cheerleading, dancing, jumping, leaping, tumbling, and stunting carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. As a parent you understand these risks and will not hold Edmond North High School or any of its personnel responsible in the case of accident or injury at any time. You also understand that Edmond North will do everything possible to prevent these risks.
5. Parents and participants must trust and support the decisions and appreciate the time made by the coaches and administrators to always do what's best for the team. Please keep in mind that coaches have other responsibilities and commitments outside of Cheer and Pom, and it is asked that parents and participants respect their personal and professional time. Any questions or problems concerning the squad should be directed to the coaches via email. Issues should not be

addressed during practices, games, other school events, or on Groupme. Coaches will make every effort to respond to parent questions, concerns, and inquiries **during school hours**.

6. There is a proper chain of command, starting with the athlete to coach, parent to coach, then assistant principal, principal, and finally school board. In fairness to all parties involved, please follow the chain of command.

Coach

1. The coaches will work with the squads in the best interest of the team. All coaches want the best for the program and each individual cheer and pom member.
2. Coaches make all final decisions. Discipline, demerits, grades, choreographers, practice times, events, etc. are the responsibility of the coaches.
3. Members experiencing problems should talk with their coach first and work with them in finding suitable solutions.
4. Members should treat the coaches with respect. All coaches work diligently for the betterment of the squad, giving up valuable personal and professional time.
5. Teaching duties of the coach take precedence over cheer and pom responsibilities.

Camp

1. Camp is an expectation for all members. Failure to not participate in Pom Camp may result in not participating in halftimes. Head Coach may also give demerits or use "free miss" for missed days of camp. The coach will determine the campsite and dates. Summer camp dates will be announced at the mandatory tryout meeting. Families are expected to work around camp when planning summer activities.
2. A squad member can be removed from candidacy if he/she cannot attend summer camp.
3. If a squad attends a summer camp, squad members are expected to pay their own camp costs, as well as the sponsors and coaches camp cost.
4. All district, school, and pom policies must be followed at all times at camp. Any discipline issues at camp can result in removal from the squad.
5. Squad members must have all required forms filled out on Rank One prior to the last day of May in order to participate.

Attendance Policy

1. Edmond Public Schools attendance policy will be followed at all practices.
2. Please refer to Attendance Policy #4215 in the Student/Parent Handbook-
 - a. On the tenth (10th) absence a student will receive a "no credit" on his/her transcript for the semester.
 - b. An absence is defined as missing more than fifteen (15) minutes of any part of class time.
 - c. Three (3) tardies equal one (1) absence.
3. Each member is expected to cover all games and tournaments for which their squad is responsible.
4. Some practices or games may be scheduled over school holidays and weekends.
5. If an athletic event is cancelled or postponed, the squad members are to attend the rescheduled event.
6. Any practice or choreography dates scheduled after August 1st are required for all members.

Traveling and Away Games

1. For all out-of-town games, squad members must ride the designated and approved bus and must stay for the entire game.
2. After away games/events, squad members may be released to their parent/guardian only. If the coach approves a squad member riding home with their parent/guardian, the child can leave **ONLY** after their parent/guardian has signed the proper release form held by the coach.

Grading Policy

Pom grades will consist of the following:

- Practices (25 pts per week) - points will be deducted if a squad member has an unexcused absence
- Games/Events (100 pts per event) - Squad member will receive a zero if they skip an event without submitting a miss form.

Game/Event Miss

- If a squad member needs to miss a game/event, arrive late, or leave early for any reason, a *miss/late form* must be filled out and submitted online to the sponsor **24 hours prior** to the game/event. If a *miss/late form* is not submitted online **24 hours prior** to the event then it will automatically be considered unexcused.
- If a squad member is using their “free miss pass” for the semester, a *miss/late form* must be filled out and submitted online to the sponsor **24 hours prior** to the game/event for it to be excused.
- If a squad member is sick on the day of the event, **a parent** needs to notify the head coach as soon as possible so the absence can be excused. In order for an absence to count as excused, the coach must be notified of the illness at least **one hour prior** to the start of the event.
- Each participant will receive 2 free miss passes for the year to be used for doctor’s appointment or vacation (not illness). A maximum of 4 free miss passes per team (Varsity) and 2 free miss passes per team (Freshman) will be accepted by the coach for a single event. This will be granted on a first-come-first-serve basis.
- If a squad member is going to miss an event with a scheduled performance, they need to submit a miss form 2 weeks in advance unless it’s due to illness. Failure to do so will result in the game being considered unexcused and squad member will receive a zero for the game and 3 demerits.

Split Squad Events

- **For all split-squad events, no game misses will be accepted.** If a squad member needs to miss a split event they are required to trade an event with another squad member in order to ensure a minimum number of squad members at the event. A **game trade form** must be filled out and submitted online to the sponsor **24 hours prior** to the event for it to be accepted.

Practice Miss-

- If a squad member needs to miss practice, arrive late, or leave early for any reason (doctor’s appointment, school activity, vacation, etc.), the squad member must send the head and assistant coach a text message notifying us **24 hours prior** to the practice. The sponsor/coach will determine whether an absence is excused to unexcused.
- If a squad member is sick during school hours (i.e. pom practice class hour), a student or parent needs to text the head coach to notify that they will be gone from practice due to illness.

Game Conduct

1. The way that the Pom squad is perceived by students, parents, and patrons is largely decided at games. Therefore, while performing and cheering at games, Pom members are to stay in formation at all times and pay attention to the direction of the squad captains and the sponsor.
2. Gum chewing, slouchy appearance, jewelry, incorrect uniform pieces or inappropriate dancing, gestures, and language will not be allowed and may result in an immediate benching.
3. If a pom member is out of uniform or in a wrong uniform, they will not be allowed to cheer. They will then sit with the sponsor.
4. An injured or ineligible pom member will be required to attend her cheer scheduled events/games in uniform and must sit with the sponsor.

State Pom

- **The 2020 State Pom Squad will be determined at the Varsity/Freshman Pom Tryouts on March 28th. The team will be selected based on their score at the Varsity or Freshman Tryout.**
- Per EPS Cheer/Pom Contract, the size of the statesquad is left to the discretion of the coaches. The state squad will be announced on the Pom website. The state coaches may name 2-4 alternates for

the state squad, and may give alternates spots in the formation and compete on the squad. The coaches will determine if alternates will receive a spot after 6-8 weeks of practice. Alternates will only pay the state costume fee if chosen for the squad.

- Our state squad represents the very best of the EdmondNorth Pom program. Coaches expect exemplary attitudes and behavior for all state squad members. Failure to comply with this expectation will result in demerits or possible dismissal from the state squad.
- State practices are **mandatory**. Missing a state practice will result in a demerit unless the squad member is ill. No exceptions. If a squad member is ill, one of the state coaches must receive documentation from a parent/guardian proving their sickness in order to not receive a demerit. If the squad member is ill but not contagious, they are expected to come to state practice and sit out. Failure to do so will result in a demerit.

Staying Connected Through Technology

In order to stay connected with our athletes and parent/guardians, we will use the following forms of communication. **The sponsors place a high priority on squad members' personal responsibility for their obligations.** During the school year, members who need to communicate with their sponsor should utilize time during the school day (class time, tutorial, before or after school) to speak with their sponsor in person. Each athlete, and their parent/guardian, should take the following steps in order to receive important information regarding Edmond North Pom.

1. **Email-** Important Pom information is sent to squad members and parent/guardians through email. All squad members and their parent/guardian are responsible for knowing all information sent via email. This is the primary form of communication for the parents.
2. **Pom Website-** www.edmondnorthpom.com The Pom website contains an up-to-date calendar for each squad, practice and event miss forms, uniform pictures, music, and videos of chants and drumlines.
3. **Smartphone Calendar-** Once a participant has made a squad, the coach will email or text out instructions on how to sync your Smartphone calendar with the North Pom Calendar! All squad members and parent/guardians need to subscribe to our calendars in order to always have up to date information on events, uniform schedules, parent meetings, etc. on their phones. If you do not have a Smartphone it will be the member and parents responsibility to check the calendar on the website for this information!
4. **GroupMe-** GroupMe is a text application that will allow anyone with a phone to send messages to a group. We will use this for the majority of the **squad** communication throughout the year. This will only be used to communicate **important** information to the athletes regarding **pom scheduling**. The parent groupme will be set up for **emergency information** to be sent out only. This is not a place to express concerns, ask personal questions, or promote events not related to pom. Any concerns should be emailed to the coach and a meeting can be set up if necessary. These groups will be set up after tryouts.

Follow Us on Instagram- [enhs.pom](https://www.instagram.com/enhs.pom)

Actions and Consequences

1. At school events, including pom class, practices, and pom related school activities, all school policies will be followed regarding student behavior and attendance.
2. Any violation to the *Edmond Public Schools District Cheer & Pom Contract* or the *Edmond North Cheer Athlete/Parent Handbook* may be handled with any combination of the following:
 - a. Loss of points on the academic grade for the physical education credit squad members receive for being on a pom squad.
 - b. Demerits may be issued by any coach or administrator. A squad member who accumulated twelve (12) demerits will result in suspension from the squad for the remainder of the year. On the 4th demerit, the squad member will be benched for the next game. The same applies for the 8th demerit accumulated. Please note that the members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits. Listed below are reasons demerits may be issued. They include but are not limited to the following items:

Being Tardy or Leaving Early

$\frac{1}{2}$ -1 Demerits

- Arriving late to practice, game, event, bus, etc.
- Leaving early from practice, game, event, etc.
- Being late to formation at quarters or after halftime of games.
- Late getting picked up from practice, game, event, etc. (15 minutes)
- Late being dressed out for class.
- Late turning in paperwork or payments.
- The sponsor/coach will determine whether a tardy is excused or unexcused.
- If the squad member does not text coaches 24 hours prior to practice to inform that he/she will be leaving early.

Absence at Game or Event

3 Demerits

- Any game or event that a member misses without using a free pass will result in 3 demerits and a zero for that event.
- If a squad member gets sick and cannot attend a game/event, they must use their “free pass” in order to not receive any demerits. Otherwise, the squad member will receive 2 demerits. A miss form should still be submitted.
- If a squad member is using their “free pass” for the semester, a *game/event miss/late form* must be filled out and submitted online to the sponsor **24 hours prior** to the game/event for it to be excused. Each squad member will only receive 2 free passes per

Absence at Practice

(Practices are considered your school hour, before school, or after school)

2 Demerits

- If a squad member does not text coaches **24 hours prior** to the practice then it will automatically be considered unexcused and worth 2 demerits.
- The sponsor/coach will determine whether an absence is excused or unexcused. Examples include, but are not limited to:
 - o *Excused* – Sick, family emergency, etc.
 - o *Unexcused* – All-star practice, doctor appointment, hair appointment, out of town, etc.

Cell Phones

1 Demerit

- Cell phone activity, including text-messaging, will not occur during practice, games, or other events.
- *Practices* – Cell phones should be turned on silent and placed in the “phone cubbies” at the beginning of all practices.
- *Game/Events* – Cell phones should be turned on silent and put away and out of sight, in a bag or purse, for the full duration of all games and events.

Dress Code

1 Demerit

Dress code should be followed at all times. This includes, but is not limited to:

- Not wearing the correct uniform (at school or an event), not wearing required shoes (at game or practice), not dressing out when required to, not wearing the correct bow or spunks, not dressing up on themed dress up days, not following school dress code, etc.

Social Networking

2 and Higher Demerits

(Possibly Including Dismissal from the squad)

We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Facebook, Snapchat, and Instagram are viewed by parents, and young children. It is important that you represent yourself as a positive leader on such websites. The following should not be used or seen on social networking accounts (the list includes, but is not limited to):

- Use of inappropriate content, profanity, alcohol, tobacco, public displays of affection, inappropriate clothing or lack thereof, or negative comments towards the cheer & pom program, other teammates, coaches, or administration.

Violation of School Policies and Procedures

2 and Higher Demerits

(Possibly including dismissal from the squad)

- Violation of classroom standards and school policies regarding behavior and attendance at school events, class, including pom class, practices, and pom related school activities.
- AISP or Suspension from school for ANY reason may be a cause for dismissal from the squad. If AISP or Suspension from school is received more than one time, the member will be dismissed from the squad.

Miscellaneous

1 Demerit

Failure to bring required items to practice, meetings, games, competitions, or any other event (i.e. poms, bags, money due, warm ups, progress reports, practice clothes, shoes, etc.)

- Leaving required items at practice, meetings, games, competitions, or any other event.
- Wearing jewelry of any type is not allowed during practice, games, or events.
- Chewing gum is not allowed at practice, games, or any other activity where gum chewing is deemed inappropriate by the sponsor.

Behavior

2 and Higher Demerits

(Possibly Including Dismissal from the squad)

Defiance of authority, talking back to the sponsor, inappropriate language, public display of affection, arguing or fighting with sponsor or another squad member, talking excessively during practice or an event, not yelling at games, not smiling, not putting forth effort, not standing properly, paying attention to individuals in the crowd instead of full attention on activity, and any other conduct or behavior that does not promote school spirit, does not represent the school admirably, and does not exemplify loyalty, cooperation, and a positive attitude.

Merits

- Merits will be given at the coaches' discretion. Merits will be given for positive attitudes, additional community service, outstanding leadership among the squad, work on posters/signs for events as needed, etc.
- Competitive members will receive an additional 6 merits at the beginning of the school year to compensate for the additional required practices. This does not count towards their 6 merits they can earn throughout the school year

Edmond North Pom

What to expect throughout the year

Month	
April	<ul style="list-style-type: none"> First parent meeting following tryouts: <ul style="list-style-type: none"> Parent Club Fees, Stunting Fees, & Camp Fees due at this meeting Uniforms Checked Out Ordering of Essential Items Camp clothes selected and ordered for girls
May	<ul style="list-style-type: none"> Second parent meeting: <ul style="list-style-type: none"> 1st Financial report due & Submit New Budget (Treasurer) Fundraising plans made Information is passed onto new chairman for each position Essential items and camp final payment due Physicals due to sponsor Squad and Individual Photo Shoot Chant & Drumline Practice
June/July	<ul style="list-style-type: none"> Pom Camp Practices begin
August	<ul style="list-style-type: none"> Vertical Routine and Chant Practices Promote Husky Spirit Clinic at Elementary enrollment day (Varsity Only) New to North Event (Freshman Only) Perform at Husky Kick Off Football Games Begin State Pom Practices Begin
September	<ul style="list-style-type: none"> Husky Spirit Clinic Fundraiser (for pep club account) Football Games Continue State Pom Practices Continue
October	<ul style="list-style-type: none"> Football Senior Night: <ul style="list-style-type: none"> Order flowers (mom's give girls flowers on the field) Seniors write bio's State Pom Practices Continue
November	<ul style="list-style-type: none"> Football Playoffs State Pom Practices Continue
December	<ul style="list-style-type: none"> State Pom Showings and Competition Basketball & Wrestling Begins Blacklight Assembly (State pom and freshman)
January	<ul style="list-style-type: none"> Continue Basketball & Wrestling Events Start planning for banquet BALTO Spirit Clinic (money collected donated to BALTO) Freshman Information Night (Freshman Only)
February	<ul style="list-style-type: none"> Submit photos for end of year video (Varsity Only) Collect Money for banquet (Varsity Only) Order gifts for seniors (Varsity Only)
March	<ul style="list-style-type: none"> Mandatory Tryout Meeting Banquet (before tryouts) Begin planning budget for next year Tryouts (end of March or beginning of April)

Edmond North Pom

Required Dates for All 2020-2021 Squad Members

Below are mandatory dates for each member who makes a squad. If a squad member is not at the events or practices listed below it may put their spot on a squad in jeopardy. All dates are on the master pom calendar that you can subscribe to on your phone after tryouts.

After Tryout Dates

- Uniform Check Out – Wednesday, April 1st – Seniors (2:30-3:30), Juniors & Sophomores (3:30-4:30), Freshman (4:30-5:30) – Girls only, no parents please
- Essential Items and Uniform Fittings – Tuesday, April 7th – Varsity (3pm) & Freshman (3:45pm)
- McBride All-Sport Physicals - May 19th, 6pm in Siberia Gym

Practice & Mandatory Camp Dates

- **Varsity:**
 - Home Routine and drumline practices: Tuesday/Thursday from 3:30-4:30 starting April 14th - May 21st
 - Extra Home Routine Practices: April 24th, May 28th and 29th 8-10 am
 - Home Routine showing and camp send off: May 31st, 6:00 pm
- **Freshman:**
 - Chant and drumline practices: Monday, May 1st and Tuesday, May 12th from 4:30-5:30
- **All Members:** Mandatory Pom Camp – June 1st-4th - At OU

State Pom Squad Dates

- State Practices Beginning late July
- State Showing at Yukon High School - Date and time TBD
- Possible DTU Regional Competition - Date and time TBD
- State Pom Showing at North - Date and time TBD
- State Pom Competition - December 11th and 12th

Parent Meeting Dates

- Monday, April 13th (7:00pm) – ENHS Freshman Cafeteria
 - \$100 due for Camp deposit (payable to ENHS Pep Club)
 - \$150 for squad photos
- Monday, May 11th (7:00pm) – ENHS Freshman Cafeteria
 - All ordering of essential items and camp clothes money due (payable to ENHS Pep Club)
 - Final camp payment due - \$252 (payable to ENHS Pep Club)
 - Physicals dated after May 1st turned into Mrs. Smith and paperwork completed online at www.rankone.com

Edmond North Pom

Estimated Cost and Expenses

*Each squad member will be responsible for **ALL** costs associated with being a member of a pom squad at Edmond North. We never want the cost to affect if a participant decides not to tryout, but we do want each member aware of the cost involved. If you need financial help the parent groups may offset cost by organizing and participating in fundraisers if the squad deems it necessary. Only those members who participate in the fundraisers will benefit from the profit. If further financial assistance is needed please speak to a coach or administrator to see what other options are available.*

Poms	\$23.00	V Neck Midriff	\$40.00
Spanks (navy)	\$24.00	Camp Clothing	\$125.00+
Backpack	\$60.00	Camp Fees	\$352.00
Windbreaker	\$80.00	Photography/Videography	\$150.00
Bows	\$40.00	State Fees (State Only including choreography, music editing, entrance fees, state shirt, etc)	\$200.00
Fleece Headband	\$25.00	State Costume Fee	\$125.00
Lulu Leggings	\$80.00	State Ring (optional)	\$200.00
White shoes	\$100.00	Pom Parent Club Donation (\$200 to be paid in August and additional if limited fundraising)	\$200

Items provided by the school district

The school provides uniforms and warm-up suits; any alterations are at the squad member's expense (no material is to be cut when doing alterations unless approved by the sponsor).

All uniforms and essential items must be altered by the first day of camp.

ALL PARENTS:

Please know that as soon as your child makes a spirit squad, numerous expenses will be needed within the first 2-3 weeks after tryouts. If you know that financially you will need assistance in helping pay for some of these cost stated above, please start participating and brainstorming fundraisers as soon as tryouts are over. The earlier the better!!!

Edmond North Pom

2020-2021 Try-Out Application

Name: _____

Name(s) Of Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

Athlete's Cell: _____ Athlete's Email: _____

Parent/Guardian 1 Cell: _____ Email: _____

Parent/Guardian 2 Cell: _____ Email: _____

School Currently Attending: _____ Current Grade: _____

Will you be coming to North on a transfer or a move in from out of district? If so please explain (putting in a transfer to North, etc.):

On a scale of 1-10, how willing are you to put in 100% if selected for state even if you are an alternate?

Please list the specific days and times for any conflicts outside of the normal school day when state practices may be held (before school, after school, Sunday nights, etc)..

Physical (Please Check One): **Physicals must be dated after May 1, 2019 to be eligible.**

- ☐ Physical is already on file at ENHS (Sport for the 2019-2020 School Year: _____)
- ☐ Physical is on file at my middle school for the 2019-2020 school year and I will be getting a copy of it to turn in, or scan and email, **PRIOR** to the first day of clinic.
- ☐ I do not have a physical for this year and will be getting one and submitting it **PRIOR** to the first day of the clinic.
- ☐ Physical is enclosed.

Tryout Shirt Size (**Please Circle One**):

Adult Small

Adult Medium

Adult Large

Adult X-Large

Form of Payment (circle one): CASH or CHECK

The Participant & Parent/Guardian must fill out, sign and turn in this paper with the following no later than 3:00pm on Wednesday, March 11th to the ENHS Finance Office in order to be eligible to tryout for Edmond North Pom:

- ☐ Signature page for the Edmond Public Schools Cheer & Pom District Contract (in packet)
- ☐ Signature page for the Edmond North Cheer Athlete/Parent Handbook (in packet)
- ☐ Signature page for the Parent Permission to Participate (in packet)
- ☐ **\$40 Tryout Fee** (Price includes tryout shirt and bow) – Make checks payable to 'ENHS Pep Club'

Edmond North Pom

2020-2021 Contract Agreement

Parent/Guardian: _____

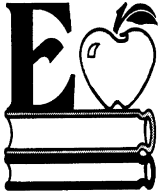
I hereby authorize my child, _____, to try out for Pom at Edmond North High School. If my child is chosen for a position on a spirit squad, I understand he/she is obligated to serve in that capacity for the entire school year, unless he/she leaves school or does not continue to meet the requirements of the position. **I have read the contract** and am aware of the rules and guidelines stated in the *Edmond North Cheer & Pom Athlete/Parent Handbook* & the *Edmond Public Schools District Contract* that must be followed throughout the year and understand that violation of any of these rules may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad. I understand that all forms attached must be completed and turned into the **ENHS Finance Office no later than 3:00pm on March 11th**, or my child will not be allowed to tryout. I also realize that if my child is ineligible for the week of tryouts they will not be allowed to tryout. I have discussed the contract with my child, and **we agree to abide by these rules and regulations if chosen for a squad.**

_____/_____/_____
Parent/Guardian's Signature Date

Applicant: _____

I have read the entire *Edmond North Pom Athlete/Parent Handbook* & the *Edmond Public Schools District Contract* and understand all rules and regulations set forth in them. I understand that if selected for an Edmond North Pom Squad, I will be expected to abide by these rules, as well as any other rules designated by the coach or administrators. I understand that membership on a spirit squad is both an honor and extremely hard work and I will make every effort to be a successful member of the team by supporting my coach, my fellow squad members, and the program throughout the year. I further understand that Edmond North Spirit Squad Members are held to high standards, and if I am selected, I will respect and honor the privilege given to me to represent Edmond North in the best manner possible. I understand that all forms attached must be completed and turned into the **ENHS Finance Office no later than 3:00pm on March 11th**, or I will not be allowed to tryout. I also realize that if I am ineligible for the week of tryouts I will not be allowed to tryout. **I have read all forms and discussed them** with my parents, and **we agree to abide by these regulations if chosen for a squad.**

_____/_____/_____
Applicant's Signature Date



EDMOND PUBLIC SCHOOLS

Empowering all students to succeed in a changing society

Parent Permission to Participate

The parent/guardian signing below hereby grants permission for the student to participate in the School Activity. Both parent/guardian and Student have read this agreement, voluntarily sign below, and agree to be bound by the terms and conditions of this agreement.

Student's Signature

Parent/Legal Guardian's Signature
(For students under 18 years old)

(Print Student's Name)

Dated: _____

Important Contact Information

Parent Name (Print): _____

Phone Number (Home) _____ Work or Cell Phone: _____

In the event of illness or accident, if we should need to contact someone other than listed above, please contact:

Name: _____ Phone: _____

Consent to Medical Care

If your child sustains a non-life-threatening injury, Oklahoma law requires that a hospital have parental consent before beginning treatment. This form allows you to give the necessary permission, even if your child is under the care of another adult. With your consent, this form can be presented at any medical office, clinic, or hospital in Oklahoma for emergency medical care.

In the event of illness or injury, Student and parent/guardian hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician as deemed necessary for the safety and welfare of Student. It is understood that the resulting expenses will be the responsibility of the student participant and/or parent or guardian.

(Parent or guardian signature regarding Consent to Medical Care only)